

Treating Low Blood Sugar

When taking insulin during pregnancy

Diabetes and Pregnancy

Jim Pattison Outpatient Care and Surgery Centre • Abbotsford Regional Hospital & Cancer Centre

What is low blood sugar?

Low blood sugar is when the sugar in your blood is **less than 3.8** during your pregnancy and when on insulin.

What causes a low blood sugar?

Your blood sugar can drop when:

- You miss a meal or eat late.
- You eat less than usual.
- You didn't eat carbohydrates.
- You do more physical activity than usual.
- You take too much insulin or take it at the wrong time.

How can you tell you have low blood sugar?

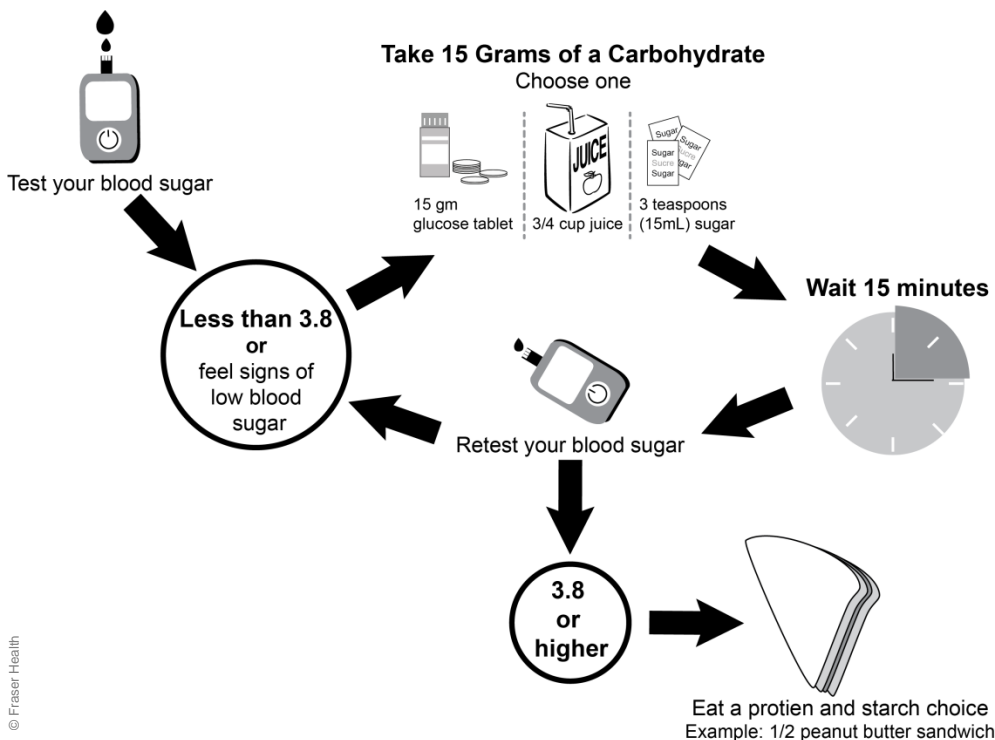
You might notice any of these signs of a low blood sugar:

- feeling shaky
- feeling confused
- very hungry
- headache
- tingling feeling around the mouth
- feel rapid heart beat
- sweaty, cold, clammy
- dizzy, blurred vision
- irritable

What can you do?

- Treat your low blood sugar as soon as possible.
- Always teach others about low blood sugar and how to care for you when it happens to you.

Treating low blood sugar: Take 15... Wait 15



Always carry a fast acting carbohydrate and keep within arm's reach at all times.

Never drive if your blood sugar is less than 3.8 or if you feel signs of a low blood sugar.

Follow this low blood sugar treatment and wait at least 45 to 60 minutes before driving.